

Councils on Aging (COAs) / Senior Centers are the community focal point for social and support services to elders, families and caregivers . These municipal agencies develop priorities, serve as advocates and offer opportunities to access programs, services and activities that directly benefit hundreds annually.

COAs conduct programs from information and referral, outreach, transportation, meals (congregate and/or home delivered) to health screening, health insurance information benefits counseling (SHINE), fitness, recreation, computer access, education/life long learning, among others. In most communities, COAs serve as the only public social service agency and assist numerous non-elders in accessing public benefits. They may also serve as a link to and support for elders and others in case of local emergencies.

Regardless of design, a local senior center is often a home away from home for socializing, learning, wellness, "giving back" or just a reason to get out of the house. For the rapidly growing elder population, COAs and senior centers provide a safe place for elders to remain independent, productive and in the community for as long as possible.

MONSON COUNCIL ON AGING  
SENIOR CENTER STAFF

Lori Stacy, Executive Director.....x115  
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Danielle Boots, Cook  
Robert Grammo, Jr., Van Driver  
Carol Pascale, P/T Van Driver  
Arlene Arsenault, Interior Maintenance &  
Home Bound Meal Driver  
David Coderre, Home Bound Meal Driver

COA Board Members

Emelda Gustafson, Chair  
Marie Bren, Secretary

Allan Curtis  
Dorothy Jenkins  
Nancy Morrell  
Kim Talmadge



IN SYMPATHY and LOVING MEMORY

The Staff and volunteers of the Monson Council on Aging/Senior Center offer our deepest sympathy to the families who have lost the following loved ones:

Daniel Flowers   Bernice Gouvin   Jean Jones  
Harold King   Susan Klassanos   Joseph Krzyminski  
Hazel Lemon   Robert Maheux   Richard Morin   Stephen O'Shea

A MEMORIAL / HONOR TO THE MONSON COUNCIL ON  
AGING /SENIOR CENTER GIFT ACCOUNT

I have enclosed \$ \_\_\_\_\_  
In Memory / Honor of \_\_\_\_\_  
My Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Please Acknowledge Gift to \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Volunteers Needed

Kitchen Help

You Can make a difference!!

Please call 267-4121 for further  
information.

A SENIOR MOMENT

Senior Center Hours:  
Mon.- Fri. 8 a.m.- 4 p.m.  
Closed Holidays  
By Appointment only!  
106 Main Street  
Monson, MA 01057  
413-267-4121  
www.monson-ma.gov



Mission Statement

The mission of the Monson Council on Aging is to identify and provide comprehensive programs and social and support services that enrich the quality of life for Monson's older adults and their families while also benefitting the well-being of the general community.

October 2021

***"All Aboard the Hip Hop Soul Train Express"***  
***October 21 at 12:30 pm***

There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve a patients' quality of life. It has also been suggested that physical activity is a preventative health measure and may improve cognitive function in daily activities, and balance mental health.  
Hip Hop dance for happiness and health!  
Dance and exercise can keep the mind active!

**This exercise class is about an hour. Elders do a complete warm-up and hip hop class that begins and ends in the chairs. We travel through time on the "Soul Train" and chair dance to clean cut hip hop and R & B songs. We use creative props such as smiley faces and the African maracas to help make our soul train journey come to life. Senior participants will leave feeling more limber.**



This program is supported in part by a grant from the Monson Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.



ARTSHOW

For the first time ever the Monson Council on Aging & Senior Center is proud to present our Artists at the Monson House of Art, 200 Main Street, in a special showing of their work.

Saturday & Sunday, October 16 & 17  
1 pm – 4 pm

There will be a meet and greet with the artists on Saturday from 1 pm – 3 pm  
Other crafts created by our Seniors will also be on display.

Refreshments will be available.

### Card Making is back at Crafts & Laughs

Wednesday, October 6 – 6-8 p.m.

Make 3 cards for \$5.00

Please call to sign-up so we know you are coming

Will be held the 1<sup>st</sup> Wednesday of the month.

### Card Making

Monday, October 18 at 1 p.m.

Join in the fun of making Thanksgiving Cards

\$2.00/card

Please call 267-4121 to sign-up

### Pitch is Back! See Calendar

### Coming Soon! Mitten Tree for the Military

### YOUR HEALTH & WELFAIR

To help you stay healthy, the Center offers the following:

**Blood Pressure Clinic** - The 1st Friday of the month

**Chair Massage** - Every other Thursday - 11- 12:45

**Foot Care** - The 1st Tuesday of the month

**Paraffin Wax** - The 4th Tuesday - 1– 2:40

**Reflexology** - The 3rd Tuesday of the month at 9

**Strength Training** - Tuesday, Wednesday, Thursday at 10

**Table massage** - The 4th Tuesday - 9-12:30

**Tai Chi** - Monday at 11 in Memorial Hall

**Yoga** - Monday at 4:30

Appointments are needed for Chair Massage, Foot Care, and Reflexology.

*All activities are subject to change. Please refer to the calendar insert.*

### Bus Trips

Transportation is back to normal hours.

Masks must be worn

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### TRANSPORTATION DONATIONS

Suggested donations for various round trips provided by the Monson COA vans:

Trips in Monson – \$2.00

To Palmer -- \$3.00

To Wal-Mart -- \$5.00

Long Distance Trips -- \$5.00+

Belchertown or Ware areas and \$15.00+ for Worcester or farther.

Plus any tolls or paid parking.

The Monson Council on Aging has medical equipment (walkers, canes, wheelchairs, etc.) available for loan to any senior in Monson. Just call the Center to make arrangements.

A small donation is requested.

### NIKI'S CORNER

#### OPEN ENROLLMENT

**October 15, 2021 - December 7, 2021**

Medicare Open Enrollment period allows you to make changes to your Medicare Advantage plan and/or Medicare prescription drug coverage.

- Enroll in, make changes to a Medicare Advantage plan
- Enroll in, make changes to a Medicare Prescription Drug plan (Medicare Part D)

Plan changes you make during the 2021 Medicare Fall Annual Enrollment Period go into effect, **January 2022**

#### NEXT DEMENTIA CAREGIVERS SUPPORT GROUP

**WEDNESDAY, October 20, 2021 2:00-3:00 PM**

Please note all meetings are typically held on the third (3<sup>rd</sup>) Wednesday of each month from 2:00-3:00 in the back Dining Hall of the center.

#### VALLEY OPPORTUNITY COUNCIL FUEL ASSISTANCE

To date, we are only able to work on re-certifications for previous VOC applicants.

The 2021/2022 applications have not been distributed.

New applicants will be advised as soon as we receive them.

### Senior Mini Health & Safety Fair at the Monson Senior Center

**Saturday, October 23 - 10 am – 2 pm**

Identify trip hazards in your home and help prevent falls

Learn the sounds of fire safety-can you hear your smoke alarms?

Update your emergency life file for quick help during an emergency

Get a “go bag” with tips for quickly getting out of your home

Make finding your home easier in an emergency by ordering a House I.D. Sign



### Line Dancing is here!!

Starts Tuesday, October 19, 4:00 - 4:45 pm

Classes will be weekly

Cost \$3.00/class

Line dancing has proven health benefits as it not only improves cardiovascular health, it helps to improve posture, strengthen your legs and back, and improves balance and memory. So, if you are looking for an enjoyable way to exercise both your body and mind, this is for you!

This is a beginner level class so no line dancing experience is needed. Please call to register 267-4121.

### THE FRIENDS CORNER

The FRIENDS have missed each and every one of you!

**NEXT FRIENDS MEETING TO BE HELD.**

Friday, Sept 24th at 10:00am at the Senior Center

Interested in joining our Group?

Please contact us.

**Membership Dues are \$5.00 - June 2021 - May 2022**

Officers

President: Rita LaFerriere

Vice President: Russ Bressette

Treasurer: Mary Ann Meacham